

YMCA Fall Programs

by Barb Beckett
Y Sports Director

The Grand Traverse Bay offers plenty of fun and healthy programs for all ages this fall. Get involved and grow strong as a family! Many programs are volunteer based and are a terrific opportunity to be actively involved. The YMCA's "No One Denied" policy and scholarships assure no child is left out due to financial reasons. ***The time to register for fall programs is right now.*** Registration forms can be found at www.gtbayymca.org/services.php.

Tennis: Lessons are offered for ages 3-adult for all skill levels. on indoor and outdoor courts. Also, contract court time registration has a deadline of August 5.

Gymnastics: classes for all abilities are offered for ages 1 year & up. Our Competitive Team brought home over 100 first place medals last year and is one of the best in the state. Our non-competitive recreational program will have your kids going head-over-heels and loving it!

Lacrosse: The fastest sport on two feet has its home at the YMCA. Outdoor and indoor skills classes are offered through the fall and winter, then our Spring Leagues run April-May. Lacrosse is fun, great exercise, and a terrific team sport.

Pee Wee Sports: This new program is at our new Daycare Facility on Woodmere. Our 4,000 sf Kid's Gym that is perfect for youngsters to try all kinds of new sports and activities. Never boring; we play soccer, basketball, golf, flag football, and many other sports! Pee Wee Sports is for ages 3-5 years and a great way to introduce your child to new activities. Parents can play too!

Basketball: A YMCA director invented this game in the 1900s and the Grand Traverse Bay YMCA continues offers basketball to all ages during the fall.

Skills classes begin at age 5. Grades 2 to 5 Boys basketball league will be in November and December. We offer a grade 3, a grade 4 & 5 skills program and league.

Men's and Women's Leagues will begin in the fall. We also have the best tournaments around for kids and adults.

Watch the website, www.gtbayymca.org, or Facebook for more information.

Soccer: Fall leagues for grades K-8 and begin in September. The deadline is September 10, so registering today to join the longest running community soccer program.

Kinderkickers: For boys and girls in preschool, 3 - 5 year olds. Learn the basics of soccer in a non-competitive, fun, and supporting atmosphere. Safety, skills, and teamwork are the focus. Class meets outdoors unless weather demands a move inside. Parents are encouraged to get involved in class exercises.

Flag Football: For grades 2 - 5. Practices are built into the schedule and we meet once a week for 6 weeks. All equipment is provided, just come ready to play! The YMCA also runs the **Pop Warner** tackle program for ages 8-12 which is one of the largest football programs in the Midwest with over 90 teams, 2,800 kids, and 325 coaches.

Teen Dances: The 1st Saturday monthly during the school year (Oct-June) is a Teen Dance for grades 6-8. Just \$8 with school ID to enter and a pizza snack and drink are included.

This is the social event of the month and hundreds of kids attend. Doors open at 7:00pm and we end at 10:00pm. Parents welcome. Volunteers are always needed

Youth In Government: This mock-government program replicates all aspects of state government for grades 9-12. A 1-day fall conference is required to attend the 5-day spring conference in Lansing. Bussing provided. Student laws can become real state laws. Government is not boring - it's fun! Teachers and students contact Katie Winslow at 933-9622 for more information.

Softball: People do not realize that the adult softball leagues held at the Civic Center are YMCA administered programs. Men's league will be held on Monday and Wednesdays. Coed will be held on Sundays.

Fitness Classes: The Y is for healthy living. This Y provides a broad spectrum of fitness classes conveniently schedule to meet the needs for busy adults. New classes feature Y Power X, Y TRX Training, and a Y Zumba classes.

Family Nights: Come join us for family friendly games of racquetball, basketball, tennis, ping pong, or test your virtual skills on the Wii game console. All-you-can- eat pizza, beverages, and snack provided. First Friday of the month Y Family Fund Night is located at the Y Main Facility, 3000 Racquet Club Drive. The third Friday of the month Family night is located at the Y Early Childhood Center, 1100 Woodmere, Ste. B.

You can rent the facility or have a birthday party. You can volunteer to be a reader, baby rocker, coach, mentor, photographer, committee member or help build the New Y. Your child can be cared for at our **Y Early Childhood Center** or experience a School's out program when TCAPS is not in session in a values base environment.

There's much, much more! Check out over 65 great programs at www.gtbayymca.org or stop in today! Look up our Facebook page or check our news and information blog at <http://bit.ly/pMFQnD> .

The main facility of the Grand Traverse Bay YMCA is located at 3000 Racquet Club Drive in Traverse City and can be reached at 231-933-YMCA(9622).